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| **Activity 1:** Dog Pound  **Time:** 10 minutes | An area is marked out, a large square or rectangle with a circle in the center. The size of the area will depend on students’ size: enough for children to run. Start off with two catchers who wear a sash/colour band. The dog catchers chase the dogs and attempt to tag them. Once a dog is tagged the dog catcher escorts the dog to the dog pound (circle in the centre).Dogs in the pound squat and may be freed by other free dogs running through the pound and tagging them. | Cones, Sashes/colour bands. | Any indoor or out door space large enough to allow whole class to run freely. | | Spatial Awareness  Agility  Cooperation  Discussion Making |
| **Activity 2:** Five Noses  **Time:** 10 minutes | Students move randomly in a designated fashion (eg running, skipping etc) in the designated area. The students then form groups. A command is called out, eg "5 noses!", or "3 elbows!" which contains a number and a body part. The students then have to quickly form a group with the required amount of people based on the number which was called out, and joined by the designated body part. | Cones to define the area. | | | Co-operation  Teamwork/Groupwork  Class cohesiveness  Initiative  Body awareness |
| **Activity 3:** Bombardment  **Time:** 20 minutes | Set up a square area with cones, about the size of half a basketball court. Place a ball in the middle of the square. Divide the class into four groups and stand them on each side of the square. Each student has a tennis ball. Groups throw the tennis balls at the ball in the middle and try to knock it over the line opposite.  Only tennis balls may touch the ball. Any tennis ball coming out of the square may be used by the side it came out on. No-one is allowed into the middle of the square during the game. Anything in the square is stuck until the end of the game. Game ends when the ball touches a line or rolls outside the square. | Tennis balls (one per player), Cones, Ball. | | Half a Basketball Court or equivalent indoor or outdoor area. | Anticipation  Cooperation  Hand Eye coordination  Teamwork |
| **Activity 4**  **Barry**  **Time:** 10 minutes | Goals (a square of cones) are formed at either end a basketball court or oval. Divide the class into 2 teams. Each team commences at either end of the playing field with 1 ball per team. The object of the game is for each team to move their ball to the opposing team's goal without it touching the ground. A score is made by placing the ball into the other teams square. If the ball hits the ground it must go back to that team’s goal and start again. If a player is tagged in possession of the ball it must go back to that team’s goal to start again. | 2 balls, Colour bands, Cones. | | Basketball court or oval. Goals set up at each end of the area. | Team work  Agility  Ball handling  Decision making  Strategies |
| **Activity 5:**  **Keep it Moving**  **Time:** 10 minutes | Students individually, in pairs, or small groups must keep an item of equipment moving in any way they desire, or as requested by the coach eg. Passing back and forward, rolling, kicking etc. The item is not to become stationary at any time. | Any, Balls tend to work best but anything is possible. | | Appropriate to the item being used and the method of movement being asked for by the coach. | Control.  Cooperation and communication.  Hand-eye coordination.  Kicking / hitting.  Rolling.  Passing.  Catching. |

**Beach Volleyball: Wet Weather Activity**